

Somerset County Senior Center Menu - Week 3 Fall/Winter

Monday (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Assorted Fruit Juices
- 8 oz. Chicken & Vegetable Stir Fry (Made with 3 oz. Diced Boneless Chicken Breast + 3 oz. Red Onion (Large Dice), Red & Green Peppers (2 Inches in Length), Carrots, Garlic, Snow Peas, Broccoli Florets & Sliced, Fresh Mushrooms + 2 oz. **Reduced Sodium Asian Sauce**) Puree: Chicken/Green Beans
- ½ c. Brown Rice Puree: Mashed Potatoes
- ½ c. Spring Mix with 2 ea. Cherry Tomatoes – Salad Dressing Puree: Tomatoes
- 1 oz. Crispy Chinese Noodles
- ½ c. Mixed Fruit Cup – **Juice Pack** Puree: Sugar Free Plain Gelatin
- 8 oz. 2% or Skim Milk

Tuesday

- 4 oz. Assorted Fruit Juices
- 4.2 oz. Lemon Pepper Alaskan Pollack + 1 Pkt. Tartar Sauce Puree: Lemon Pepper Alaskan Pollack
- ½ c. Seasoned Oven Roasted Potato Wedges Puree: Mashed Butternut Squash
- ½ c. Roasted Brussels Sprouts Puree: Roasted Brussels Sprouts
- ½ c. Tossed Salad with 1 Tbsp. Dried Cranberries – Salad Dressing Puree: Cucumbers Remove Seeds
- 1 ea. Onion Roll – Margarine
- ½ c. Fruit Cup – Mandarin Oranges (**Juice Pack**) Puree: Canned Peaches
- 8 oz. 2% or Skim Milk

Wednesday

- 6 oz. **Reduced Sodium** Butternut Squash Soup – **No Crackers/MOW's Clients: Assorted Fruit Juices**
- 3 oz. Salisbury Steak + 2 oz. **Reduced Sodium** Mushroom Gravy (**Please Send Extra Mushroom Gravy Separately**) Puree: Salisbury Steak with Gravy
- ½ c. Mashed Potatoes Puree: Mashed Potatoes
- ½ c. Broccoli Florets Puree: Broccoli Florets
- ½ c. Spinach with 1 Tbsp. Shredded Carrots + 2 sl. Cucumber – Salad Dressing Puree: Tomatoes
- 1 sl. Twelve Grain Bread – Margarine
- ½ c. Fruited Yogurt/ ½ c. **Sugar Free Pudding – Diabetic** Puree: Fruited Yogurt
- 8 oz. 2% or Skim Milk

Thursday

- 4 oz. Assorted Fruit Juices
- 3 oz. Roast Turkey + 1 pc. Cranberry Sauce + 2 oz. **Reduced Sodium** Turkey Gravy (**Please Send Extra Turkey Gravy Separately**) Puree: Turkey with Gravy
- ½ c. Bread Stuffing Puree: Mashed Sweet Potatoes
- ½ c. Spinach Puree: Spinach
- ½ c. Tomato, Cucumber & Onion Salad (**25/25/25 Ratio of Tomato, Cucumber & Onion**) Puree: Cucumbers Remove Seeds
- 1 ea. Mini Kaiser Roll – Margarine
- 1 ea. Fresh Orange Puree: Unsweetened Applesauce
- 8 oz. 2% or Skim Milk

Friday

- 4 oz. Assorted Fruit Juices
- 3 oz. Chicken Breast Cacciatore (**Boneless & Unbreaded**) (Made with Onion, Tomato, Green Pepper & Fresh, Sliced Mushrooms) + 2 oz. **Reduced Sodium** Tomato Sauce (**Please Send Extra Tomato Sauce Separately**) Puree: Chicken Cacciatore
- ½ c. Creamy Polenta Puree: Creamy Polenta
- ½ c. Zucchini, Tomato, Mushroom, Garlic & Basil Medley Puree: Stewed Tomatoes
- ½ c. Tossed Salad with 1 Tbsp. Red Pepper + 1 Tbsp. Scallions – Salad Dressing Puree: Unsweetened Applesauce
- 1 ea. Eight Grain Dinner Roll – Margarine
- 1 ea. Fresh Pear Puree: Sugar Free Plain Gelatin
- 8 oz. 2% or Skim Milk